

Oriental Rice

Rating: ★★★★★

Makes: 4 servings

Ingredients

- 1 **tablespoon** vegetable oil
- 2 egg (beaten)
- 3 **1/2 cups** brown rice, cooked (or white rice)
- 1 **cup** chicken breast, ham or pork, cooked (and chopped)
- 1 **cup** mixed vegetables, cooked (and chopped)
- 2 green onion (sliced)
- soy sauce or hot sauce to taste (optional)

Directions

1. Heat pan. Add 1 teaspoon of oil. Add eggs and scramble.
2. Remove cooked eggs and set aside.
3. Add the rest of oil (2 teaspoons) to pan. Stir fry rice, breaking up lumps by pressing rice against pan.
4. Add leftover meat and/or vegetables. Stir fry until heated.
5. Add green onions, reserved eggs and sauce to taste. Serve hot.
6. Cover and refrigerate leftovers within 2 hours.

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Nutrition Program and ONIE - Oklahoma Nutrition Information and E

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	310	
Total Fat	7 g	11%
Protein	19 g	
Carbohydrates	46 g	15%
Dietary Fiber	5 g	20%
Saturated Fat	1.5 g	8%
Sodium	190 mg	8%

MyPlate Food Groups

Vegetables	1/4 cup
Grains	1 1/2 ounces
Protein Foods	1 1/2 ounces